



COVID-19 QUARANTINE AND ISOLATION HUALAPAI TRIBE COMMUNITY, WORK, AND SCHOOLS



Quarantine

If you were exposed
Quarantine and stay away from others when you have been in close contact with someone who has COVID-19.



Isolate

If you are sick or test positive
Isolate when you are sick or when you have COVID-19, even if you don't have symptoms.

When to Stay Home

Calculating Quarantine

The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19. Stay home and away from other people for 5 days.

IF YOU WERE EXPOSED TO COVID-19 AND ARE NOT UP-TO-DATE ON COVID-19 VACCINATIONS

Quarantine for at least 5 days

Stay home

Stay home and quarantine for 5 full days. Wear a face mask if you must be around others in your home.

Get tested

Even if you don't develop symptoms, get tested 5 days after you last had close contact with someone with COVID-19.

After quarantine

Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a face mask around others.

Take precautions until day 10

Wear a mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a face mask.

Avoid travel

Avoid being around people who are at high risk

IF YOU WERE EXPOSED TO COVID-19 AND ARE UP-TO-DATE ON COVID-19 VACCINATIONS

No quarantine

You do not need to stay home **unless** you develop symptoms.

Get tested

Even if you don't develop symptoms, get tested 5 days after you last had close contact with someone with COVID-19.

Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a face mask around others.

Take precautions until day 10

Wear a mask

Wear a face mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a face mask.

Avoid travel

Avoid being around people who are at high risk

IF YOU WERE EXPOSED TO COVID-19 AND HAD CONFIRMED COVID-19 WITHIN THE PAST 90 DAYS (YOU TESTED POSITIVE USING A VIRAL TEST)

No quarantine

You do not need to stay home **unless** you develop symptoms.

Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a face mask around others.

Take precautions until day 10

Wear a mask

Wear a face mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a face mask.

Avoid travel

Avoid being around people who are at high risk



Updated January 19, 2022



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Quarantine

If you were exposed
Quarantine and stay away from others when you
have been in close contact with someone who
has COVID-19.



Isolate

If you are sick or test positive
Isolate when you are sick or when you have
COVID-19, even if you don't have symptoms.

When to Stay Home

Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for 5 days.

IF YOU TESTED POSITIVE FOR COVID-19 OR HAVE SYMPTOMS, REGARDLESS OF VACCINATION STATUS

Stay home for at least 5 days

Stay home for 5 days and **isolate** from others in your home.

Wear a mask

Wear a face mask if you must be around others in your home.

Ending isolation if you had symptoms

End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

Ending isolation if you did NOT have symptoms

End isolation after 5 full days after your positive test.
If you were severely ill with COVID-19 You should isolate for at least 10 days. Consult your doctor before ending isolation.

Take precautions until day 10

Wear a mask

Wear a face mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a face mask.

Avoid travel

Avoid being around people who are at high risk

DEFINITIONS

EXPOSURE

CONTACT WITH SOMEONE INFECTED WITH SARS-COV-2, THE VIRUS THAT CAUSES COVID-19, IN A WAY THAT INCREASES THE LIKELIHOOD OF GETTING INFECTED WITH THE VIRUS.

CLOSE CONTACT

CLOSE CONTACTS ARE SOMEONE WHO WAS LESS THAN 6 FEET AWAY FROM AN INFECTED PERSON (LABORATORY-CONFIRMED OR A CLINICAL DIAGNOSIS) FOR A CUMULATIVE TOTAL OF 15 MINUTES OR MORE OVER A 24-HOUR PERIOD. FOR EXAMPLE, THREE INDIVIDUAL 5-MINUTE EXPOSURES FOR A TOTAL OF 15 MINUTES.



Remember contact your health care provider
Indian Health Servicer (928)769-2900.



Peach Springs EMS (928)769-2205
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